



Product Spotlight: Rocket Leaves


Rocket, also called arugula, has a spicy, peppery flavour and is best consumed fresh to preserve nutrients but can be stirred into risottos and warm salads too!



2 Baked Slice with Veggie Sausages and Grilled Zucchini

An easy-to-execute baked polenta slice served with a grilled zucchini salad, pesto and veggie sausages.

 30 minutes

 2 servings

 Plant-Based

31 December 2021

Speed it up!

If you want to speed up the cooking time, skip baking the polenta and serve it as a side dish with the other elements.

Per serve: **PROTEIN** 11g **TOTAL FAT** 29g **CARBOHYDRATES** 59g

FROM YOUR BOX

POLENTA	1 packet (125g)
ZUCCHINI	1
VEGGIE SAUSAGES	1 packet
CHERRY TOMATOES	200g
ROCKET LEAVES	1 bag (60g)
PESTO	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1/2 stock cube, vinegar of choice

KEY UTENSILS

saucepan, oven tray, griddle pan

NOTES

Boil the kettle to speed up this process. You could add some finely chopped herbs such as chives, parsley, oregano or rosemary to the polenta as well as cheese of your choice.

Keep the sausages separated from each other when cooking as the skins will stick together.



1. COOK THE POLENTA

Set oven to 220°C.

Bring a saucepan with **450ml water** to the boil (see notes) with **1/2 stock cube**. Gradually whisk in polenta, stirring until thickened, for approximately 1-2 minutes. Remove from heat and season with **pepper**.



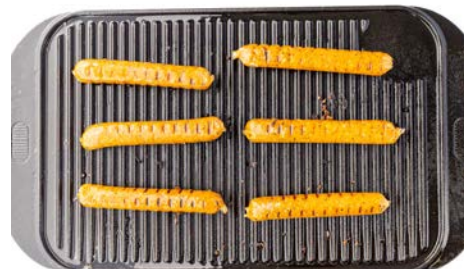
2. BAKE THE POLENTA

Line an oven tray and drizzle with **oil**. Tip out polenta and spread out to 1-2 cm thickness. Drizzle with **olive oil**. Bake for 15-20 minutes or until golden and firm.



3. GRILL THE ZUCCHINI

Thinly slice zucchini lengthways. Heat a griddle pan or BBQ over medium-high heat with **oil**. Cook zucchini slices for 2-3 minutes each side. Keep pan on heat.



4. GRILL THE SAUSAGES

Add more **oil** to griddle pan/BBQ. Add sausages (see notes) and cook, turning occasionally, for 5-8 minutes until browned and warmed through.



5. PREPARE THE SALAD

In a large bowl whisk together **2 tsp olive oil**, **1 tsp vinegar**, **salt and pepper**. Halve cherry tomatoes and slice. Add to bowl along with rocket. Toss gently to combine.



6. FINISH AND SERVE

Cut polenta into serving sizes. Divide onto plates. Spread over pesto. Top with salad and serve with sausages and remaining pesto.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

